

Prisoner and Gayatri Mantra Meditation Outcomes

Other Papers:

Research Paper Title	Author's Name	Findings	Gap
A Systematic Review and Meta-Analysis of Yoga and Mindfulness Meditation in Prison	Katherine M. Auty, Aiden Cope, Alison Liebling	<ol style="list-style-type: none"> 1. Prison-based yoga programs assist those who are jailed, promote skill development and rehabilitation, and lower recidivism rates. 2. There are increasing numbers of suggestions to carry out research along these lines with kids in prisons. 	<ol style="list-style-type: none"> 1. The calculation algorithm could have been better to undertake more parameters. 2. More number of people in the experiment would have enhanced the statistics better.
Mindfulness-Based Stress Reduction in Prison: Experiences of Inmates, Instructors, and Prison Staff	N. Bouw, S. C. J. Huijbregts, E. Scholte, and H. Swaab	<ol style="list-style-type: none"> 1. Low self-esteem, mild intellectual handicap, and aberrant stress responsiveness are risk factors for criminal activity. 2. Discovered that after practicing Vipassana meditation, five male and four female meditation groups showed improvements in optimism and internal locus of control along with a decrease in alcohol and drug usage and mental symptoms. 	<ol style="list-style-type: none"> 1. The prisoners who were unable to arrive on schedule stated that they were not promptly released from their cells or departments. 2. In fact, 36% of the participants said that the intervention interfered with their other commitments, including their sports and jobs.

<p>The Effect Of Yoga On Prisoners: An Overview</p>	<p>Akshit Saharan, Anindita Das, Vijay Kumar Singh</p>	<ol style="list-style-type: none"> 1. Interpersonal aggression among young, convicted extremist offenders is reduced by yoga. 2. Convicts who practice yoga gain maturity and improve their ability to take responsibility, feel more purposeful, and embrace who they are. Additionally, it lessens inmate hostility and antisocial behavior. 	<ol style="list-style-type: none"> 1. Not enough papers were gone through. 2. Local findings must be matched with global conclusions.
<p>Exploring Vipassana Meditation in Prisons: A Ray of Hope for a Better Future</p>	<p>Malvika Rathi</p>	<ol style="list-style-type: none"> 1. There was a reduction in alcohol, marijuana, and crack cocaine use at the 3-month follow-up exam ($p < .05$). 2. The requirements of Vipassana were successful in directing the need for self-respect onto a constructive course that involved conquering weakness and developing self-control. 	<ol style="list-style-type: none"> 1. The environments of correctional facilities serve as criminogenic factors, encouraging the development of aggressive and violent behaviours in offenders that may result in additional criminal activity. 2. It is important to address the issue of the remarkably high attrition rate from the pre-test to the post-test, which limits the validity of the earlier studies.

Observation on Mental to Complete Health Improvement on Prisoners through Meditation and Mantra Chanting: A Systematic Study among Punished People in Ujjain through Welfare Workshop	Dr. Rohit Rastogi, Dr. Neeti Tandon, Manasvi Kansal, Devansh, Manya Khare	<ol style="list-style-type: none"> 1. Several inmates began including meditation into their daily schedules, which resulted in better attitudes and behaviours. 2. Many prisoners who completed their punishment and got free from prison were seen to be involved in social work and started teaching meditation and yoga. 	<ol style="list-style-type: none"> 1. More number of prisons could have been included. 2. Digital orientation to introduce them to calmness, and peace-making activities could have been included.
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Within Paper:

Parameters		Pre-Session	Post-Session
Physical Health	Very Active	10	3
	Active	26	28
	Satisfactory	60	76
	Lazy	45	49
	Very Lazy	34	19
Psychological Health	Very Good	13	5
	Good	121	134
	Satisfied	33	34
	Anxiety	7	2
	Depression	1	0
Social Relationships	Extrovert	117	117
	Social	51	57
	Introvert	7	1
Environmental Relationships	Highly Satisfied	89	85
	Satisfied	81	84
	Poor	5	6

The table shows changes in various health parameters for prisoners before and after attending the meditation session. Here's a detailed explanation of the changes observed:

Physical Health:

There is a notable shift from being very active and active to more satisfactory and lazy states, suggesting a decrease in physical activity levels.

Very Active: Decreased from 10 to 3

Active: Decreased from 28 to 26
Satisfactory: Increased from 60 to 76
Lazy: Increased from 45 to 49
Very Lazy: Increased from 34 to 19

Psychological Health:

Improvements are seen in the reduction of anxiety and depression and an increase in the number of prisoners feeling good psychologically.

Very Good: Decreased from 13 to 5
Good: Increased from 121 to 134
Satisfied: Increased slightly from 33 to 34
Anxiety: Decreased from 7 to 2
Depression: Decreased from 1 to 0

Social Relationships:

There is a slight increase in social interaction and a significant decrease in introverted behaviour.

Extrovert: Remained the same at 117
Social: Increased from 51 to 57
Introvert: Decreased from 7 to 1

Environmental Relationships:

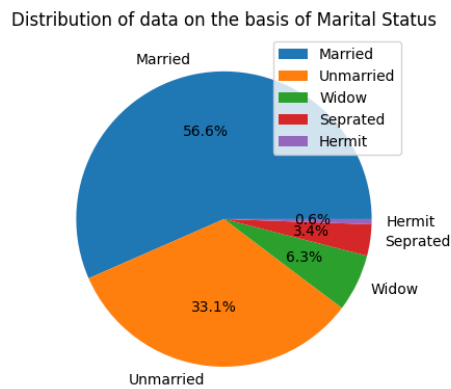
A slight improvement in general satisfaction with environmental conditions, though the number of prisoners feeling 'poor' about their environment increased slightly.

Highly Satisfied: Decreased from 89 to 85
Satisfied: Increased from 81 to 84
Poor: Increased from 5 to 6

Summary of Changes:

These changes suggest that the meditation session had varying impacts on different aspects of health and social behaviour, with notable improvements in psychological health and social interactions.

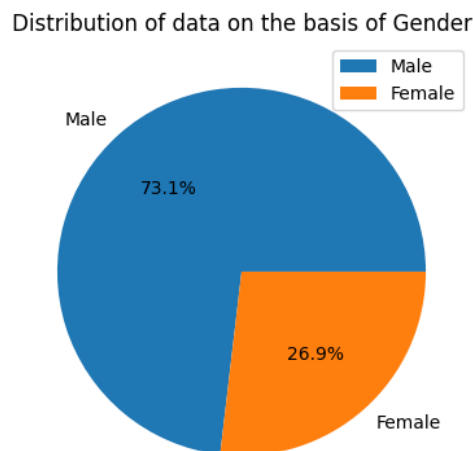
Distribution of data on the basis of Marital Status



The distribution of convicts by marital status is depicted in the pie chart. Married and Unmarried seem to be the two basic groups into which it falls. The percentages of the total are represented by the slices in the pie chart. The entire in this instance refers to all of the inmates in the Ujjain Jail at the time of the observation.

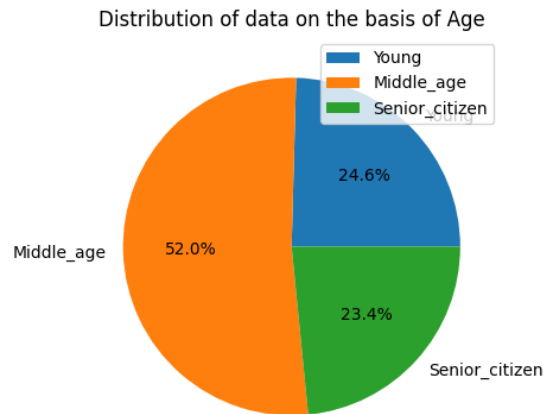
A slice's dimensions are in relation to those of the other slices. "Married" is the largest category (56.6%) on the pie chart. Next, the slice displays "Unmarried," which represents 33.1% of all inmates. Prisoners are also classified as "Widow" (6.3%), "Separated" (3.4%), and "Hermit" (0.6%) are present.

Distribution of data on the basis of Gender



The gender distribution within a dataset of inmates is depicted in a pie chart. The blue area of the chart indicates that 73.1% of the individuals are male, while the orange section indicates that 26.9% of the individuals are female. The gender disparity is clearly depicted visually in the graphic, where men far outnumber women. The chart's title, "Distribution of data on the basis of gender," implies that its goal is to draw attention to this demographic division within a specific dataset, maybe for purposes of reporting or analysis.

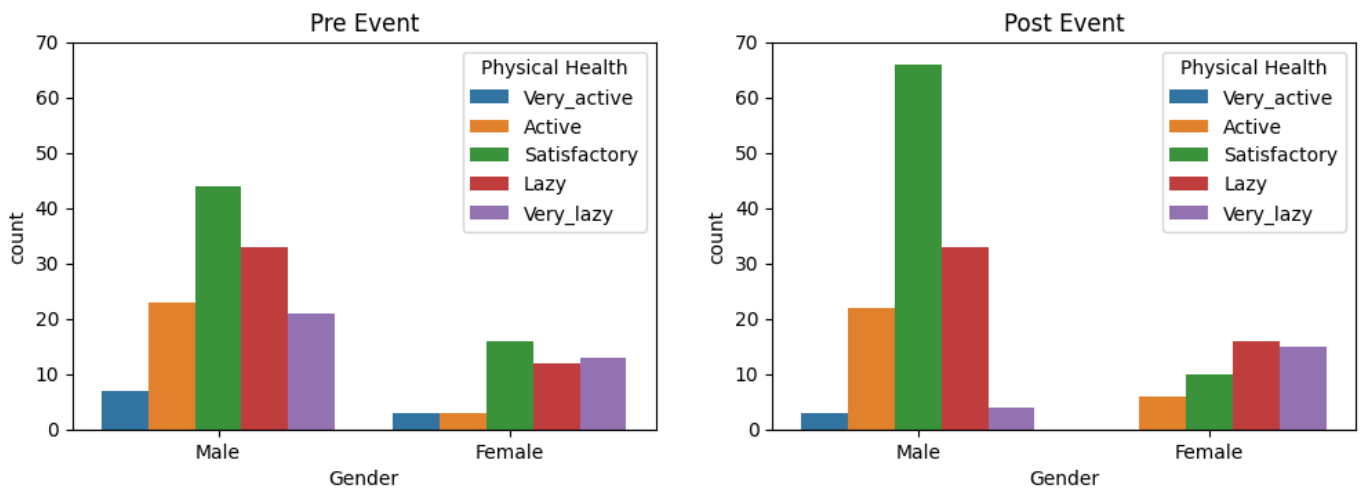
Distribution of data on the basis of Age



The age distribution of the survey's inmates is shown in the pie chart headed "Distribution of data on the basis of Age." Three age categories are shown in the chart: Young, Middle Age, and Senior Citizen. The orange portion represents the largest demographic component, Middle_age, which makes up 52.0% of the population. 24.6% of the group is represented by the colour blue, while 23.4% is represented by the colour green for the Senior Citizen group. The dataset's age distribution is shown in the graphic, which is helpful in understanding how much of the population is middle-aged. The young and elderly segments are about equally distributed, after that.

Comparison of physical health on the basis of gender

Comparision of physical health on the basis of gender

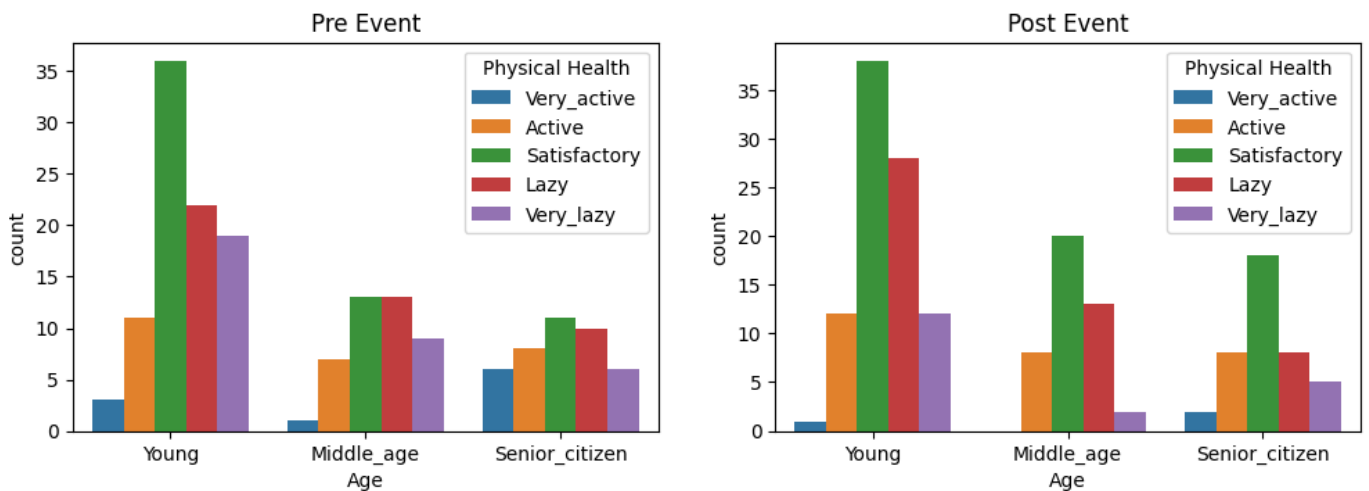


The two graphs, which are broken down by gender, show how the physical well-being and activity levels of convicts changed before and after participating in a meditation session. Males are mostly found in the "Satisfactory" group on the pre-event graph, whereas females are more commonly found in the "Lazy" category. Both genders have low counts in the "Very Active" category. After the incident, men have a marked rise in the "Lazy" category and a decline in the "Satisfactory" category. While there is still population in the "Lazy" group, females exhibit marginal improvements in the "Active" and "Very Active" categories.

Overall, the data shows that while males exhibited an increase in the "Lazy" category post-event, ladies were more positively impacted by the meditation session and moved towards more active categories.

Comparison of physical health on the basis of Age

Comparision of physical health on the basis of Age

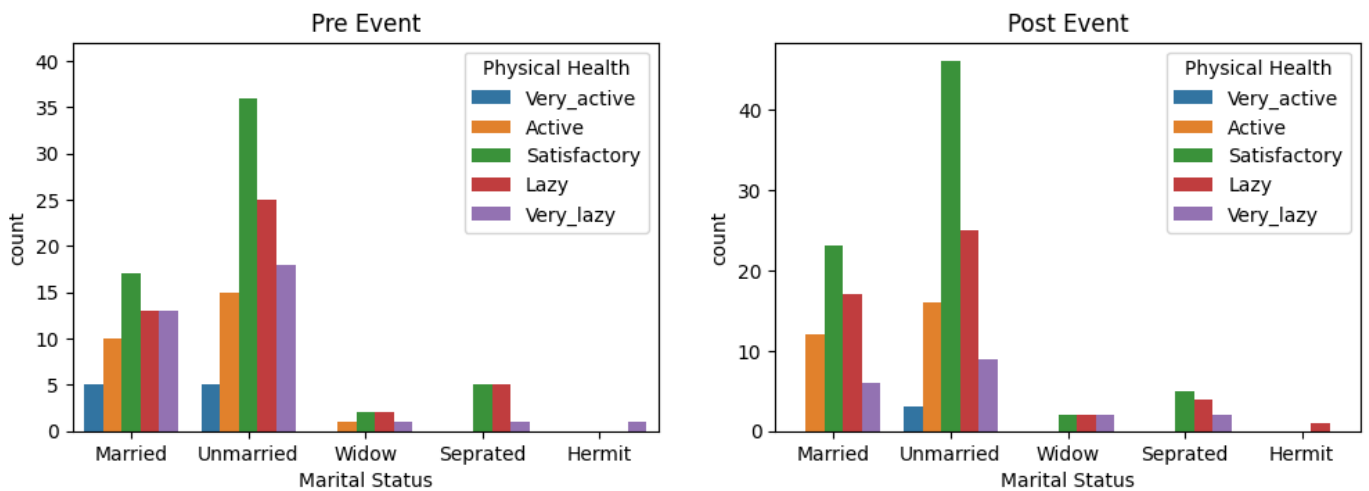


The two graphs, which are grouped by age, show how the physical well-being and activity levels of convicts changed before and after participating in a meditation session. There are noticeable gains when comparing the "Pre Event" and "Post Event" graphs of inmates at a meditation session. Young inmates were primarily "Very active" prior to the event, but after it, their activity levels changed to "Active" and "Satisfactory," indicating a balanced level of activity. Following the event, middle-aged inmates who had previously been classified as "Lazy" had a sharp rise in "Satisfactory" and a decline in "Lazy," indicating improved physical health. The pre-event 'Lazy' sentiment among senior adults was somewhat reduced, while the post-event 'Active' sentiment slightly increased.

Overall, it seems that the inmates' physical well-being and activity levels have improved as a result of the meditation session, with the middle-aged group showing the strongest benefits. According to the findings, the event may have contributed to the inmates' adoption of a healthier, more active lifestyle by lowering apathy.

Comparison of physical health on the basis of marital status

Comparision of physical health on the basis of marital status

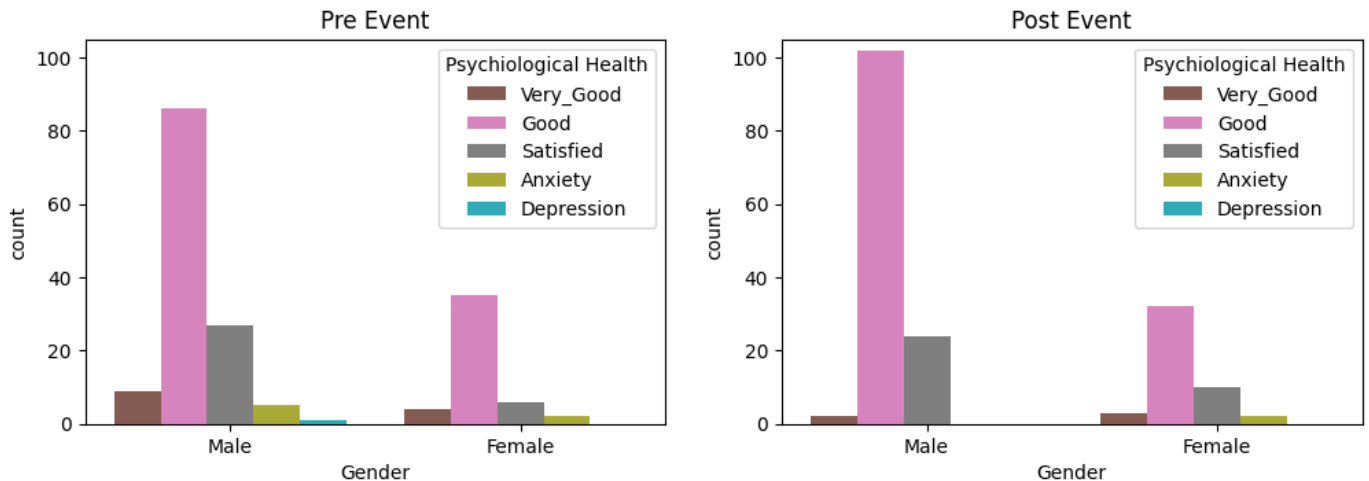


The two bar charts labelled "Pre Event" and "Post Event" show the variations in the physical well-being and activity levels of convicts classified by marital status. Prior to the event, married inmates accounted for the largest percentage of "Lazy" inmates, while single inmates were primarily classified as "Very Active." Following the event, there is a discernible rise in the category of "Very Active" married convicts and a fall in the "Lazy" category for all marital statuses, suggesting increased levels of activity. Prisoners who were unmarried continued to be very active after the event. Hermits, widows, and separated people made progress but their numbers stayed lower. The data reveals a broad trend of greater physical activity and better physical health following the event, with married and single participants seeing the biggest changes.

This comparison shows how different marital statuses benefit from the meditation session in different ways, with married and unmarried convicts benefiting more from the increased activity levels.

Comparison of psychological health on the basis of gender

Comparison of psychological health on the basis of gender

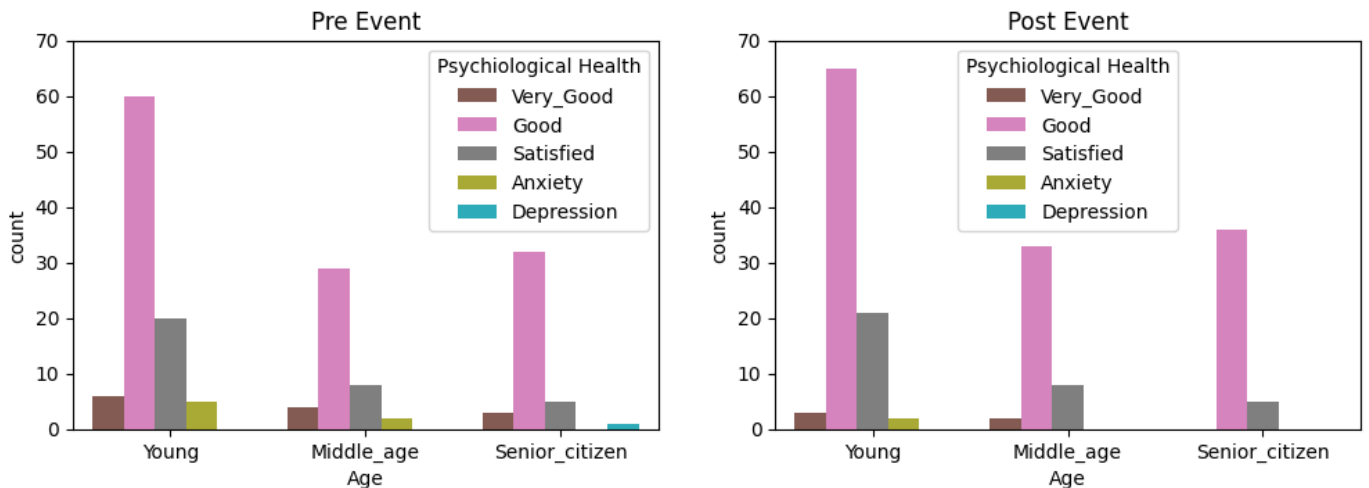


The two bar charts with the labels "Pre Event" and "Post Event" show psychological health parameters for each gender of inmates both before and after a meditation session. Pre-event graph: Most male inmates expressed themselves as "satisfied" (around 80 percent), while fewer expressed "good" or "anxiety" (both under 20 percent). The rates of "Anxiety" and "Depression" were greater (around 40) in female convicts, and they reported feeling less "satisfied" or "very good." Following the event, there was less "Anxiety" and a high (around 80) male "Satisfied" count. The "Very Good" and "Satisfied" scores of female inmates increased to about 20 and 40, respectively, and there was a minor decrease in "Anxiety." These changes were substantial.

In general, the inmates' psychological well-being seems to have improved as a result of the meditation session; both sexes showed increases in good health metrics following the event, especially the females who showed a noteworthy decline in negative health states.

Comparison of psychological health on the basis of Age

Comparision of psychological health on the basis of age

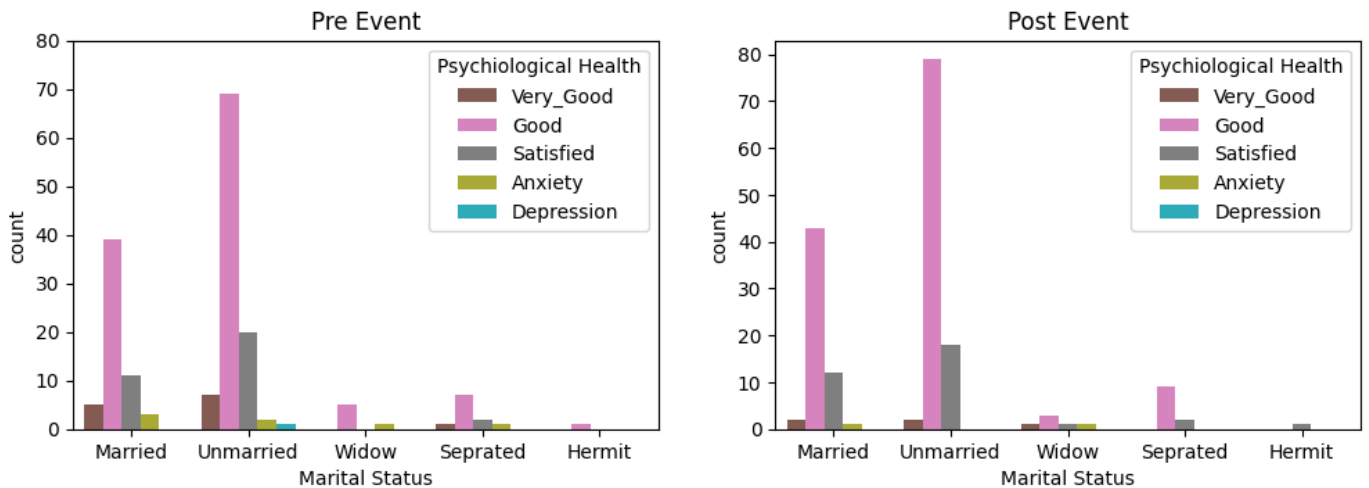


The bar graphs contrast the mental well-being of inmates in three age categories—young, middle-aged, and senior citizen—before and after a meditation session. Prior to the incident, most juvenile offenders reported "satisfied" health, with a notable amount of "anxiety." Middle-aged inmates displayed a range of emotional states, with "satisfied" being the most prevalent, followed by "anxiety" and "depression." The main diagnosis made by elderly people was "Depression." Young convicts demonstrated a marked improvement after the exercise, with a greater number rating 'Very Good' and a lower percentage 'Anxiety'. Along with this improvement, middle-aged inmates showed less 'Depression' and 'Anxiety' and more 'Very Good'. The biggest shift was seen in senior individuals, who showed higher levels of "Very Good" and "Satisfied" and decreased levels of "Depression."

The psychological well-being of inmates in all age categories seems to have improved overall as a result of the meditation session, with notable increases in positive health metrics and decreases in negative ones like "Depression" and "Anxiety."

Comparison of psychological health on the basis of marital status

Comparison of psychological health on the basis of marital status

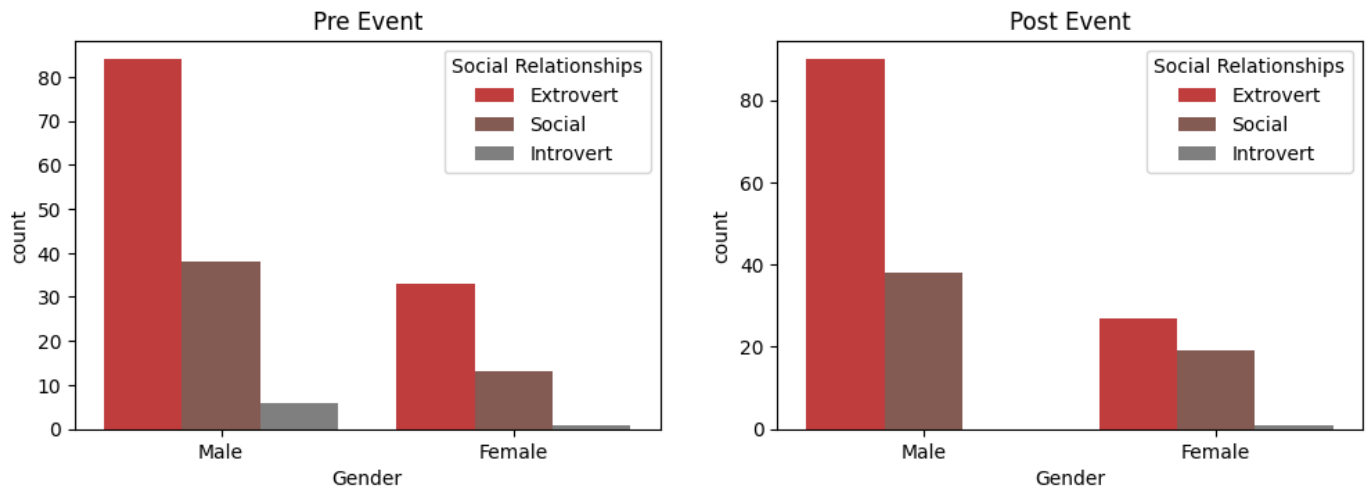


The bar graphs illustrate the psychological health of prisoners based on their marital status before and after a meditation event in jail. The Married group shows a slight improvement in psychological health post-event. The Unmarried group sees a significant increase in the 'Good' category, indicating substantial improvement. Widows show noticeable improvement in 'Good' and 'Very Good' categories. The Separated group experiences a mild positive impact, while the Hermit group remains largely unchanged.

Overall, the meditation event appears to have had a beneficial effect on the psychological health of prisoners, particularly noticeable in the Unmarried and Widow groups. The Married group maintained a relatively high level of 'Good' psychological health, which slightly improved. The Separated group showed only a modest improvement, while the Hermit group remained largely unchanged. This suggests that marital status might influence the effectiveness of meditation on psychological health in a prison environment.

Comparison of social relationships on the basis of gender

Comparison of social relationships on the basis of gender

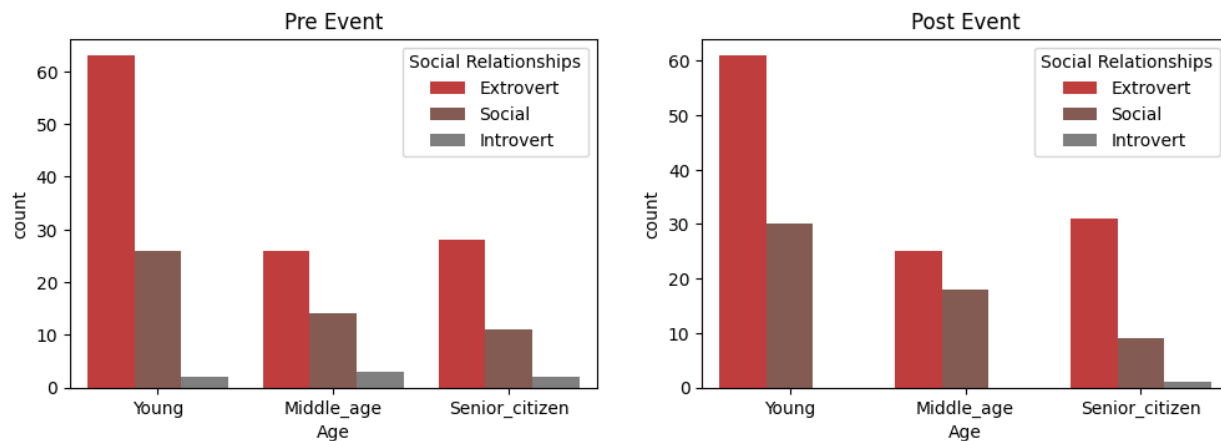


The two bar graphs comparing the count of prisoners by gender and their categorization into social relationships, extrovert, and social introvert attributes, before and after a meditation session in jail. In the pre-event graph, male prisoners show higher counts in social relationships and extroverts compared to females. Post-event, there is a noticeable decrease in these categories for both genders, with a slight increase in social introverts.

Overall, the meditation session appears to have reduced the extroversion and social relationships among both male and female prisoners, with a slight increase in introversion, suggesting a shift towards more introverted behaviour post-event.

Comparison of social relationships on the basis of age

Comparison of social relationships on the basis of age

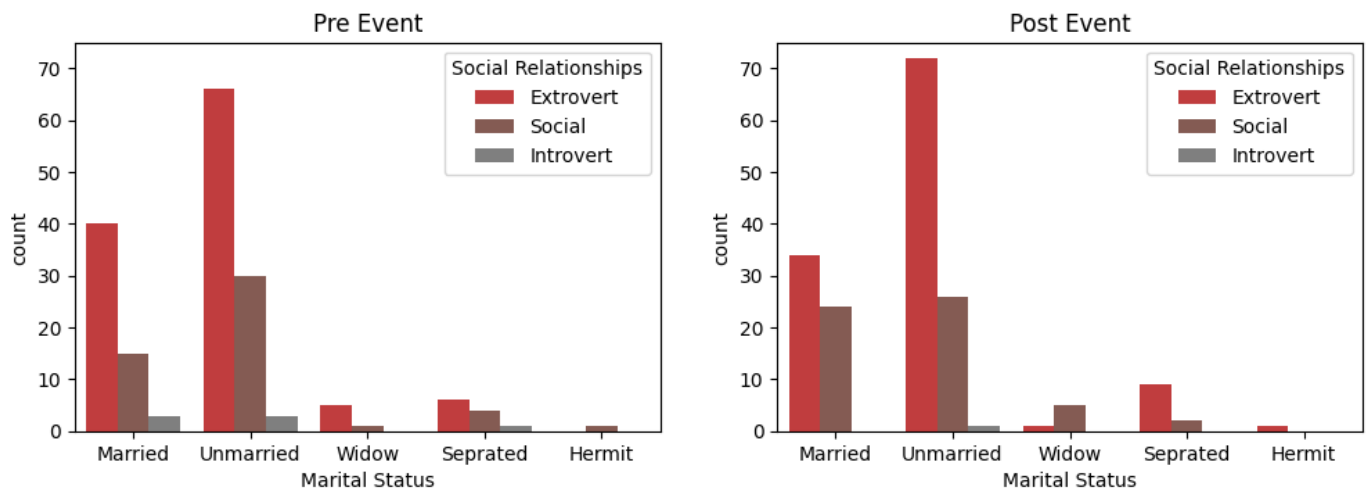


The meditation session positively impacted prisoners' social behaviour across all age groups. In the young age group, social interactions increased while extroverts slightly decreased. The middle-age group saw the most significant improvement, with a notable increase in social behaviour and a decrease in introverts. The senior citizen group showed a slight shift towards extroversion. Overall, there was a general trend towards more social behaviour and fewer introverts post-event. The young age group remained the most populous and extroverted in both scenarios. These changes suggest that the meditation session was effective in promoting social interactions among prisoners of all ages.

This summary provides a concise comparison of the pre and post event graphs, highlighting the positive impact of the meditation session on prisoners' social behaviour across different age groups.

Comparison of social relationships on the basis of marital status

Comparison of social relationships on the basis of marital status

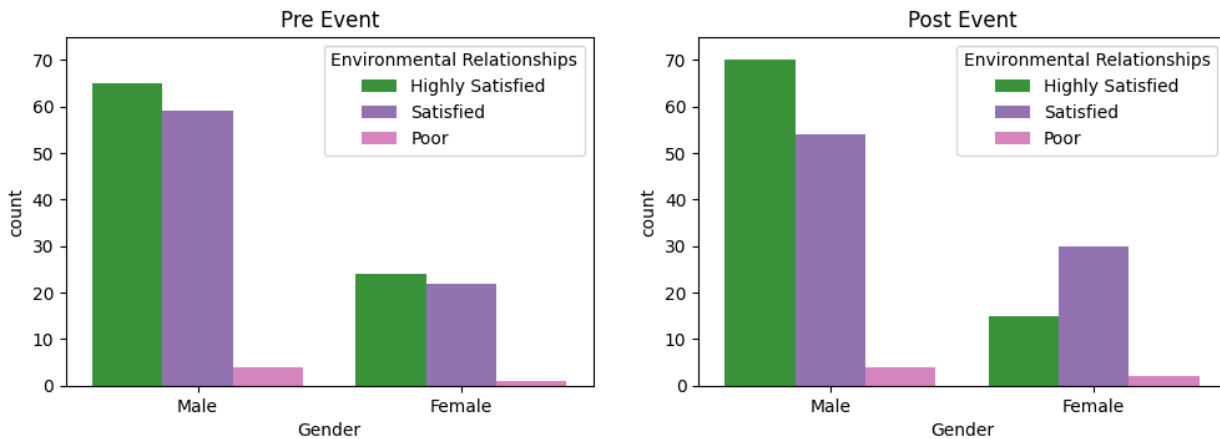


The meditation session led to notable changes in social relationships among prisoners based on their marital status. Among married prisoners, most were "Extrovert" before the event, with some being "Social" and few "Introvert." Post-event, the number of "Extrovert" prisoners remained steady, while "Social" prisoners increased slightly, and "Introvert" numbers stayed constant. Unmarried prisoners initially had a majority of "Extrovert," with a notable number "Social" and a few "Introvert." After the event, there was a significant increase in "Extrovert" prisoners, a slight increase in "Social," and a minor decrease in "Introvert." Widowed and separated prisoners both had few "Extrovert" or "Social" before the event, with almost no "Introvert." Post-event, both groups saw a slight increase in "Extrovert" and "Social" prisoners, with no significant change in "Introvert." Hermit prisoners were very few before the event, primarily "Extrovert." After the event, their number remained low, with minor changes in "Extrovert" and no "Introvert."

Overall, the meditation session increased the number of "Extrovert" prisoners, particularly among the unmarried, and slightly increased "Social" prisoners across all categories, while the "Introvert" numbers remained relatively unchanged. This indicates enhanced social interactions and more extroverted behaviour post-session.

Comparison of environmental relationships on the basis of gender

Comparison of environmental relationships on the basis of gender



The comparison of pre-event and post-event graphs based on gender shows how the meditation session impacted the environmental relationship satisfaction of male and female prisoners.

Male Prisoners:

- **Pre-Event:** A majority were "Highly Satisfied," with a substantial number "Satisfied" and a few reporting "Poor" satisfaction.
- **Post-Event:** There was a notable increase in the "Satisfied" category, while the count of "Highly Satisfied" prisoners remained high, and the "Poor" category stayed relatively constant.

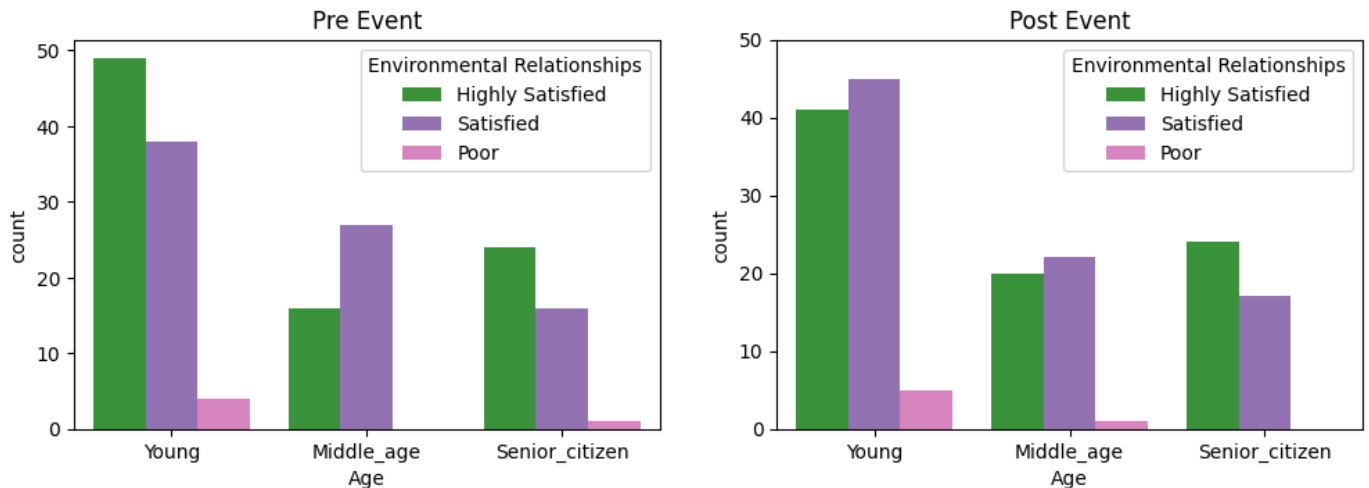
Female Prisoners:

- **Pre-Event:** Fewer were "Satisfied" compared to "Highly Satisfied," with a small number reporting "Poor" satisfaction.
- **Post-Event:** There was a significant increase in "Satisfied" prisoners, a decrease in "Highly Satisfied," and a slight increase in the "Poor" category.

The meditation session led to an overall increase in the number of prisoners who were "Satisfied" with their environmental relationships, especially among males. The number of "Highly Satisfied" prisoners remained relatively stable for males but decreased for females. The "Poor" satisfaction levels saw minimal changes in both groups. This indicates a positive shift in satisfaction levels post-session, particularly enhancing the "Satisfied" category across both genders.

Comparison of environmental relationships on the basis of age

Comparison of environmental relationships on the basis of age

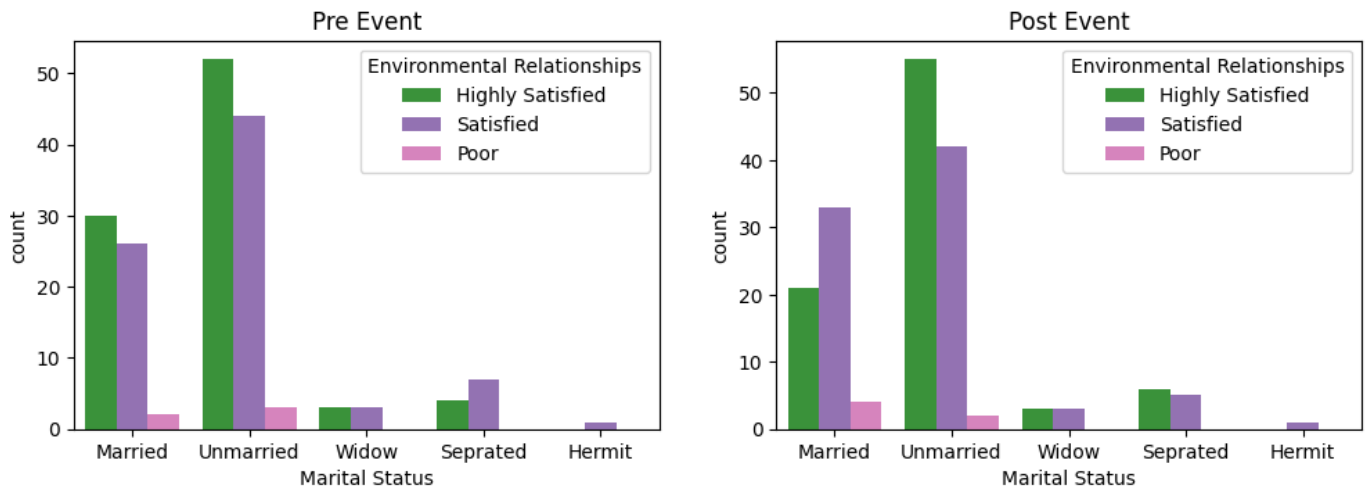


Pre- and post-event graph comparisons show that, for all age groups of prisoners, the meditation session improved their satisfaction with their environmental relationships.

Young prisoners: Due to the event, the majority of inmates expressed "Highly Satisfied" feelings; but, following the event, there was a rise in "Satisfied" feelings, a minor decline in "Highly Satisfied," and no change in "Poor" feelings. Prisoners in their middle years: at first, a large number were "Satisfied," with less being "Highly Satisfied." Following the incident, there were more "satisfied," fewer "highly satisfied," and almost the same amount of "poor" inmates. Elderly Citizens: Prior to the event, the percentage of "Highly Satisfied" inmates was higher than the percentage of "Satisfied," while some reported "Poor" contentment. Following the event, "Highly Satisfied" convicts decreased significantly, while the "Poor" group stayed essentially unchanged. Overall, the meditation session improved satisfaction levels, particularly by increasing the number of "Satisfied" prisoners and slightly reducing the "Highly Satisfied" counts, while the "Poor" satisfaction levels remained relatively stable.

Comparison of environmental relationships on the basis of marital status

Comparison of environmental relationships on the basis of marital status



After attending the meditation session, prisoners from different marital statuses experienced noticeable improvements in their environmental relationship satisfaction, as evidenced by the comparison of the pre- and post-event graphs. There is an increase in the population composition of married inmates: more are "Satisfied," while fewer are "Highly Satisfied" or "Poor." The percentage of "Very Satisfied" inmates who are single keeps rising, but so does the number of "Satisfied" inmates. The satisfaction levels among widowed prisoners indicate a marginal rise in the "Satisfied" category. Those who report being "Satisfied" are significantly more prevalent among separated prisoners than those who claim being "Highly Satisfied" or "Poor." Despite being limited in number, hermit prisoners show a minor increase in the "Satisfied" category. Overall, the meditation session seems to have positively influenced prisoners' satisfaction with their environmental relationships, reducing the "Poor" satisfaction levels and enhancing overall contentment.